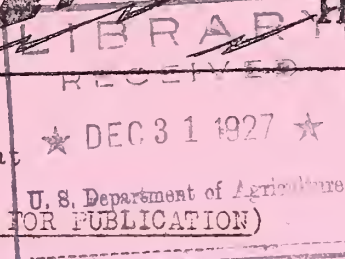


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Housekeepers' Chat

Wed., Dec. 28, *

Subject: "If You Like to Sew." Facts about sewing from Miss Maude Campbell, Assistant Specialist in Clothing, Bureau of Home Economics, U. S. Department of Agriculture. Menu and recipes from Bureau of Home Economics.

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Last week I was talking with a friend of mine who is an expert practical dressmaker. I told her I was planning to give a talk soon for women who liked to sew.

"Aunt Sammy," said my friend, "why don't you give a talk for women who do not like to sew? I think that would be more to the point."

"A good idea," I said, "and since you have made a special study of sewing, and sewing machines, would you mind preparing such a talk?"

At first my friend objected. She said she specialized in clothing, not in radio announcing. But when I told her that women would appreciate hearing her practical tips on sewing, she laid aside the dress she was finishing, borrowed a pencil from me, and wrote a little talk called: "If You Don't Like to Sew." This is what she wrote:

"If you don't like to sew, perhaps it is because you do not have your sewing equipment arranged in the most comfortable and convenient way. Where is your sewing machine located? Is it in a dark corner of the kitchen, or in the hall? If so, you probably have to do your sewing in poor light, or where it is so cold that you must move the sewing machine every time you use it. Try placing the machine near a window, from which you get an attractive view, or in a spot which is sunny most of the day. This may mean placing the sewing machine in a bedroom, in the dining room, or even in the living room. If it is an old-fashioned model, and not a thing of beauty, you might hide it, together with other sewing equipment, behind an attractive screen.

"If you have a screen, to hide your sewing machine, you might attach to this screen a case with pockets, like one used for shoes, to hold your latest patterns. If you have no screen, hang the pattern case on a closet door. You'll be surprised to find how handy such a case will be. Make your pattern case of any washable material, such as gingham, prints, or cretonne. Mine is made of unbleached muslin. The edges are finished with bias tape, in a color which harmonizes with the screen. Fold a small box pleat in the bottom of each pocket to allow for spreading when the patterns are put in. Smaller pockets might be used for bias tape, cards of buttons, hooks and eyes, snap-fasteners, scissors, and a tapeline.

"If you don't like to sew, it may be because your sewing machine runs noisily, and not so easily as it should. Have you given it a bath since spring? There are some kinds of machine oil which leaves a gum-like deposit on the surface, when they dry. This type of machine oil should never be used, but if it has been, use kerosene to clean it off. Give each oil hole a plentiful supply of kerosene, and run the machine several minutes. Then wipe off the excess kerosene, and oil the machine thoroughly, with a good sewing machine oil. Run the machine again for several minutes, so that the oil is well distributed in the joints. Don't forget to tip the head of the machine back, and oil its underparts, as well as the upper. If a sewing machine is used at all, it should be oiled once a month. If it is used much, it should be oiled more often.

"Large scraps left from cutting one garment should have a definite place. Sometimes a small chest of drawers can be used for these, and for new material not yet made up. Medium-sized suit boxes, kept in a convenient place, and plainly marked, may also be used. Silk pieces, as well as those from wash dresses, and wool dresses, should be kept in separate boxes, or drawers. Then it will be much easier to find the kind of pieces you need.

"Someone has said that 'Order is heaven's first law' and it may be that disorder and unpleasant surroundings are part of the reason why some women do not like to sew."

That is all of my friend's talk on sewing. I think I shall call on her again some time.

Today's menu is a little out of the ordinary, as I told you yesterday. It is a luncheon menu, planned for a school girl's holiday party. This is how it all happened -- the day before Christmas, one of my friends dropped in to see me, and to read me a letter from her daughter, who is attending college. I asked permission to read you this part of the letter:

"Gee, mother I'll be glad to get home. I've been making a mental list of all the things I'd like to eat while at home. Do you suppose we could have fresh beef tongue, fried oysters, butterscotch tarts, Bavarian cream, steak and mushrooms, and pot roast with tomato? And please, mother, have lots of cabbage and cauliflower and Brussels sprouts. I like carrots, too, any old time, and lots of rice, please, and oranges. I'd love a stocking full of oranges Christmas morning.

"And mother, can't I give a luncheon while I'm home, for three or four of my old high school friends? I'll do all the work, if you'll help me plan the party. I'd like to have veal timbales, for one thing."

That's all of the letter I'll read. I promised not to reveal the girl's real name, so I'll call her Julia.

Now, if you'll take your pencils, I'll read you the menu that her mother will use for Julia's luncheon party: Veal Timbales; Peas; Sally Lunn; Apple Surprise Salad; Ice Cream with Amber Marmalade as Sauce; and Macaroons.

The recipe for Veal Timbales calls for 1 pound of veal, but, if you do not have veal, you may use chicken, lamb, or any other left-over meat. You will need custard cups, or timbale molds, for this meat concoction, for it is to

be baked in molds, set in a pan of hot water. If you like to try new ways of cooking, and have not made Veal Timbales, I am sure you will be pleased with this. Pencils again now, for the Veal Timbales. Nine ingredients:

1 pound veal	1 cup milk or meat broth
2 eggs	1 teaspoon finely chopped parsley
1/2 teaspoon salt	2 tablespoons flour
Onion juice	2 tablespoons butter
Lemon juice to taste	

Please count the ingredients -- there should be nine: (Repeat)

Simmer the veal, in a small amount of water, until tender. Then put the veal through the meat grinder, using the fine knife. Prepare a cream sauce of the butter, flour, and the liquid. Add to this the well-beaten eggs, the seasonings, and the meat. Mix well. Grease the custard cups, and pour in the mixture. Bake for one-half hour, in a pan surrounded by water. Turn the timbales out, and serve hot.

The Apple Surprise Salad is made as follows:

Select medium-sized apples, pare, and core. Cook in a covered pan in enough sirup made in the proportion of 2 cups water and 1 cup sugar, to cover the apples. Red cinnamon candies added to the sirup give the apples an attractive rose color. After cooking, chill the apples and fill with cream cheese which has been mixed with salt, paprika, and a little finely chopped green pepper. Or form the cheese mixture into balls, roll in ground nuts, and place beside the apples. Serve on lettuce with mayonnaise or French dressing.

You will find recipes for Sally Lunn, and Macaroons, in the Radio Cookbook.

To repeat the menu: Veal Timbales; Peas; Sally Lunn; Apple Surprise Salad; Ice Cream with Amber Marmalade as Sauce; and Macaroons.

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